

LiveBetter with MedWatch

Rigatoni with Sausage & Broccoli (Creamy Pasta)

Ingredients

- 2 links (6 ounces) hot, Italian-style turkey sausage
- 2 tsp. olive oil
- 1 large onion, sliced
- 1 red bell pepper, sliced
- 2 cloves garlic, minced
- ½ tsp. fennel seeds, crushed
- 2 Tbsp. all-purpose flour
- 2 cups 1% milk
- 3 cups small broccoli florets
- 1 pound dried rigatoni
- ½ cup freshly grated Parmesan cheese
- salt & freshly ground pepper to taste

Preparation

1. Put a pot of salted water on to boil.
2. In a large skillet, bring sausages and 1/4 inch water to a simmer over medium heat. Cook, uncovered, until water evaporates, about 8 minutes.
3. Continue to cook, turning occasionally, until sausage is browned on all sides, 3 to 5 minutes more.
4. Transfer sausage to a cutting board; when cool enough to handle, cut into ¼ inch slices.
5. In a large heavy saucepan, heat oil over medium heat.
6. Add onion, bell pepper, garlic and fennel seeds; cook, stirring, until vegetables soften, about 5 minutes.
7. Add flour, stirring 1 minute more. Gradually whisk in milk; bring to a simmer and cook, whisking constantly, until thickened, about 5 minutes.
8. Add sausage and season with salt and pepper. Remove from heat, cover and keep warm.
9. Cook broccoli in boiling water until bright green and crisp, about 3 minutes. Remove with a slotted spoon and add to sauce.
10. In pot of boiling water, cook rigatoni until al dente, 12 to 15 minutes. Drain and transfer to a large warmed serving bowl. Add sauce and toss to coat.
11. Adjust seasoning with salt and pepper. Sprinkle with Parmesan and serve immediately.

Makes 6 servings.



Nutrition Analysis

Per serving: 455 calories, 21 g protein, 10 g fat (1.9 g saturated fat), 70 g carbohydrate; 150 mg sodium; 7 mg cholesterol; 2 g fiber



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